

Occupational Therapy Parent Information: Container Play

WHAT IS IT?

Container play means putting things in and out of containers. Once babies are able to release toys with some accuracy, they enjoy using this skill to explore the space inside toys or containers.



WHY IS IT IMPORTANT?

Container play is very important in developing a number of skills including:

- Accurate release
- Understanding of 3 dimensional space
- Eye-hand coordination



GREAT IDEAS



A good sitting position will help your baby to use his/her best fine motor skills. Try sitting in your lap or in a little chair



Noisy containers help to make the games more interesting: try a metal mixing bowl.



Show your baby how to lift the toy up high and drop it into the bowl



Once your baby has learnt to let go into a container, you can try challenging him/her with smaller containers.

EVERY DAY GAMES & TOYS



Great toys for container play include:

- Metal mixing bowl and pegs
- Ice-cream container and pegs
- Add lid to ice-cream container and cut hole in top
- Small hand sized toys or figurines (e.g. plastic animals)
- Small ping pong sized balls
- Some babies love throwing things into the bath when standing at the edge
- Shape sorter toys can be used with the lid off.



OTHER COMMENTS

YOUR OCCUPATIONAL THERAPIST

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